

## ABSTRACT OF THE DISCLOSURE

A compression strut comprises a pre-loaded extension spring with a damper disposed therein. An operating element is disposed inside the extension spring, having an actuating tappet that is joined to an end of the  
5 extension spring. The actuating tappet is displaceable over a total range of travel that includes a damping range of the piston rod of the damper and a no-load range of the actuating tappet.